

Safety

Street Safety:

- what to do if you feel threatened or suspect that you are being followed
- what to do if a stranger approaches you
- apply decision-making and problem-solving skills in preventing abduction
- explain and role play basic self-defense strategies

Home Safety:

- what to do if you are home alone
- how to answer the telephone safely without revealing you are home alone
- what to do if a stranger comes to your door
- what to do if there is a fire

Bullying

- explain six reasons why kids bully and six reasons why kids are targeted by bullies
- describe harassment and bullying and identify ways of addressing it
- describe how to respond appropriately to potentially harmful situations
- describe what cyber bullying is and how to prevent it

Cyber Bullying and Internet Safety

- describe what cyber bullying is and how to prevent it
- explain that cyber bullying is just as harmful as traditional bullying
- what to do if someone on-line ask to meet with you
- explain why the people you meet on-line are not necessarily who they say they are
- what information you should not share on-line

Conflict Resolution

- discuss how to use effective methods of dealing with conflict and avoid violence
- explain that conflict happens naturally but violence should not
- discuss the natural occurrence of conflict with an emphasis on the fact that violence is not a necessary or inevitable outcome of conflict

The Dangers of Drugs

- describe the effect of drug use and use this when faced with the decision to use or not to use
- role play ways to deal with peer pressure pertaining to substance use and abuse
- explain the negative consequences of substance use and abuse

Sexual Assault

- discuss the myths and facts
- describe a right touch and a wrong touch
- who to talk to if you have been sexually assaulted

Gang Violence

- discuss the reasons that kids join gangs
- explain the consequences of joining a gang and ways to avoid it

Personal Safety and Injury Prevention

- apply strategies for injury prevention and dealing with personal-safety
- analyze situations that are potentially hazardous to personal safety

Physical Fitness

- the importance of including physical activities in your life
- learn how strength and physical fitness can help in a life threatening situation

Journal Writing, Oral and Visual Communication

- main ideas are reviewed at the end of the program
- students are quizzed on the techniques and topics taught throughout the program
- students create a personal safety booklet